

*Imagine a World
where Healing &
Wellbeing are
Celebrated Activities*



Living the Good Life

Stephen Bryant Walker,
LMFT, Clinical Director

Judy Taylor,
Business Manager

Trish Gemulla, LMFT,
Clinical Supervisor

Colleen Wong, LMFT,
Clinical Manager

Lindsay Kay Parkinson,
LMFT, ATR-BC,
Forum Coordinator



(916) 492-9007
720 Alhambra Blvd.,
Sacramento, CA 95816
www.MiddleWayHealth.com



ABOUT US

Middle Way Health is a gathering space for health and wellbeing. Established in 2000, we have blossomed into an active center for HEALING, GROWTH & VITALITY.

"The contact point between two different things - that is the middle way"

Wellness and thriving are a lifestyle. As you aim to become more self-aware and empowered, you uncover more ways to harness the healing power of MIND, BODY & SPIRIT.

Our Wellness Program

A prepaid program that allows businesses and individuals to use one or all of our clinicians and services. This is a unique approach to comprehensive care where each program is individualized to fit one's needs.



Simplicity, Variety & Confidentiality

- Businesses and Individuals
- Emotional/Physical/Spiritual Healing
- Variety of Services & Clinicians
- Comfortable, Uplifting Environment
- Friendly, Welcoming Staff
- Easy to Access
- Strictly Confidential

OUR SERVICES & THERAPIES

Individual, Couple, Group & Family

- Mindfulness
- EMDR
- Buddhist Psychotherapy
- Shamanic Healing
- Art Therapy
- Meso-American Healing
- Drug & Alcohol Counseling
- Workshops & Trainings
- Massage Therapy
- Tai Chi/QiGong
- Dream Life Design and Creative Coaching
- Reichian Therapy
- Maternal Wellness & Yoga
- Biofeedback and Hypnotherapy